ERGObaby Carrier Instructional Booklet

www.ergobaby.com

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IMPORTANT!

• Please read instructional booklet carefully before using carrier.

• Keep for future use.

For video instructions please refer to our website www.ergobaby.com

SPECIAL FEATURES

The ergonomic design of the ERGObaby Carrier supports the baby's spine and promotes the healthiest position for baby's hips while they are carried. It can be worn on the front (belly to belly), on the back, and in the hip position. The front position of the ERGObaby carrier is optimally utilized from birth to 6 months (with optional infant insert) . The back position is best used from approximately 6 months on, or starting when your baby holds their head up strongly on their own. The ERGObaby Infant Insert accessory adapts the carrier for newborns to 4 months. The hood supports sleeping baby's head and makes continued activity possible. The buckles are the best available, and where different materials are joined, reinforced stitching is used for durability and dependability. Check to assure all buckles, snaps, straps and adjustments are secure before each use.

Female Buckle

Male Buckle

Tips: t means TIP

1. Read carefully all directions and diagrams before use.
2. Be sure to have someone assist you the first couple of times you practice using the carrier.
3. Standing in front of a mirror the first few times of loading can be helpful for you and your baby.
4. Stand or sit on a soft surface while practicing.
5. For those with a longer torso we suggest wearing the waist belt up higher than you might ordinarily, around the belly button level. If you have a short torso, try wearing the waist belt around your hips.
6. Due to lack of head control, infants must face toward the wearer. The ERGObaby Carrier is not designed to carry a child in an outward facing position.
7. Contact your supplier for more assistance if needed.

Washing Instructions

Machine wash with mild detergent on gentle cycle. Dry on delicate cycle and remove when seams are still damp. Do not machine wash frequently. Do not use bleach. Spot clean as needed.
The ERGObaby Carrier conforms with the European standard EN13209-2:2005.

Warranty

The Ergo Baby Carrier, Inc. warrants our products against defects in materials and workmanship. We stand behind all of our products and will either repair or replace free of charge during the first twelve (12) months, any carrier or accessory that does not meet our high standards. Proof of purchase is necessary. We require that the carrier or accessory be sent to us directly so we can confirm the defect and make a decision on whether to repair or replace the item.

Directions for Front Carry Position

1. Before each use, securely fasten waist buckle feeding male buckle under elastic and into female buckle, making sure balance of waist belt is also through elastic. Allow body of carrier to hang down in the front. Bring your baby to your chest with legs on either side of you and hang over waist belt. Bring body of carrier up over baby's back.

2. With right hand supporting your baby, reach for the left shoulder strap with the left hand and place it on your shoulder.

3. Switch hands to support your baby and the carrier and bring the second shoulder strap in position on the shoulder.

4. Bring both hands behind your neck and reach for the chest strap. Engage the buckle and tighten the strap to secure the shoulder straps. If this position is difficult for you, you can experiment with fastening the buckle before step 1 and raising the chest strap over your head after step 2.

t Check to assure all buckles, snaps, straps and adjustments are secure before each use.

t Revised Chest Strap: Attached to shoulder straps on runners; chest strap can easliy slide up and down and will stay put in desired position. Chest Strap should be located across the upper part of your shoulder blades, high enough that it can be fastened with your hands behind your back.

t You may use this position as soon as baby is ready to sit with legs wrapped around your stomach and the neck is strong enough to support the head. For infants prior to this stage, the ERGO Infant Insert is recommended.

Directions for Hip Carry Position

1. Unbuckle both shoulder straps and lay baby carrier flat with inside facing up. To carry baby on left hip, take right shoulder strap. Cross over to left side male buckle on webbing and feed male buckle under elastic and attach with female buckle. Put strap over right shoulder. Fasten waist belt buckle by feeding male buckle under elastic and into female buckle, pull extra waist band through elastic. Adjust carrier so it is squarely on your hip.

2. Lower baby down into carrier.

3. Make sure baby's bottom is directly in the center of the carrier.

4. Hold baby's weight up slightly with your right arm as you pull down on the nylon strap to tighten shoulder strap in order to keep baby closer to your body.

5. Take left shoulder strap and wrap it around your back.

6. Connect female buckle on shoulder strap with male buckle on nylon strap and tighten nylon strap for comfort.

t Chest strap buckles may be connected for additional support and to keep them from dangling.

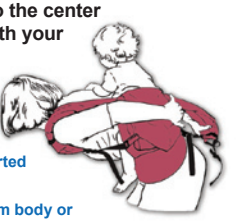
Directions for Back Carry Position

1. Place carrier on your back with shoulder straps on shoulders. Fasten belt snugly but comfortably around waist. The male buckle should be fed under the elastic on the waist belt and into the female buckle. Slide right strap off shoulder.

2. Balance baby on right hip. While holding your baby securely with your right hand, slide your left hand between the carrier and your body near waistline under black webbing with back of hand touching your back. Take a hold of baby's left foot and pull it through carrier.

3. At the same time bend forward as you begin to shift baby's weight to your back. Be aware that baby's leg should be under the black webbing attached to the side of the carrier.

4. Once baby's leg is through carrier, move your left hand around your back to hold baby and carrier close to your body as you rotate and center baby into the center of your back. Still bending forward, continue to support baby with your left hand as you move your right hand through shoulder strap, adjusting it to shoulder, then stand upright. Fasten chest strap and tighten. Chest strap should be at armpit level.



- This carrying position should only be used when your baby's head is strongly supported by the neck and hips can be easily splayed.
- Tighten shoulder straps to hold baby close to your body. If baby is hanging away from body or you feel it necessary to bend forward to compensate for baby's weight, then tighten shoulder straps more.
- Baby should be centered in the carrier at this point. Some slight bouncing up and down while pulling on one leg and opposite side of carrier can be helpful in adjusting baby's position in carrier.
- If carrier seems to ride lower on baby's back, grip sides of carrier at the black webbing or pull up on shoulder straps and bounce a little to encourage baby's weight to fall further towards the waist belt. Baby should be sitting in the pouch.

Directions for Moving Baby on Hip to Back Carry Position

1. Securely fasten waist buckle with male buckle adjuster under elastic and allow body of carrier to hang at your right side. Bring your baby to your right hip. Bring body of carrier up over baby's back, supporting baby and carrier with right hand/arm. Hold both shoulder straps in left hand.

2. Begin to shift baby's weight to the back. Bouncing slightly will help lighten the weight as you move baby. Hold shoulder straps taught.

3. Bring your right arm in front of baby, while bending forward and holding shoulder straps. Put your right hand firmly on baby's back, pressing baby to your back. Let go of shoulder straps.

4. Reach back with your left arm and grab the left shoulder strap and place it on your shoulder.

5. With your left hand grab the right shoulder strap. Hold it taught while putting your right arm through the strap.

6. Fasten chest strap buckle and tighten for comfort.

Directions for Moving Baby from Back Position to Front Position

1. Lengthen shoulder straps by lifting up on the adjusters or end of buckles. Unfasten chest strap.

2. Slide right strap off shoulder. Continue to hold shoulder strap.

3. Move your right hand behind baby to support the shift of weight.

4. With your left hand, grasp waist belt at your right hip and move belt to your left as you move baby to your right hip. Some slight bouncing up and down can be helpful in sliding waist belt and shifting baby to the hip. When baby is on right hip, support baby with your right arm as you slide the left strap off shoulder.

5. Finish moving baby and carrier to front.

6. When the baby is centered in front, support baby with alternate hand while sliding straps onto shoulders. Fasten chest straps by reaching behind the neck, between shoulder straps.

t Lengthen shoulder straps when nursing to allow baby to drop down lower. In addition, raising breast up to baby's mouth can be helpful.

Directions for Back Position with Piggy Back Method

1. Securely fasten waist buckle with male buckle adjuster under elastic on waist belt and allow body of carrier to hang down in the back.

2. Put baby/child on back as if to give a piggy back ride.

3. When child is sitting on back, lean forward and support by wrapping one arm around the back of child pressing to your back. With the free hand grab shoulder strap and bring body of carrier up over back of your child.

4. Place strap on shoulder. Bring this arm around back of child and hold carrier in place. Grab other shoulder strap and sit it on.

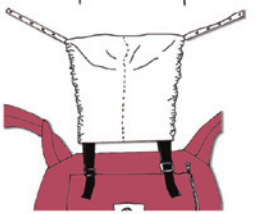
5. Fasten chest strap buckle and tighten for comfort.

t This method should be used with an older child that can hold on while parent is adjusting carrier.

Directions for Standard Sleeping Hood, and Sport Sleeping Hood

1. When baby has fallen asleep, take the hood out of the storage pocket on back of carrier. To use the hood in the back carry position, the hood must be attached and hanging down before putting the carrier on.
2. Grab one hood strap and extend it straight up above your head.
3. Bring the other hand behind your head, grab the hood at base of the extended strap and follow to the other strap.
4. With one hood strap in either hand extend the hood taut over baby's head.
5. Snap the hood straps at a comfortable length, to the snaps on the shoulder straps.

- Babies do not generally like to have the hood practiced on them while they are awake.
- Hood can also be used as a sun shield when worn on front.
- Lean forward and adjust baby's head to rest in the center of your back, before pulling up hood
- Two adjusters on the Hood allow you to change the length to fit the size of your baby. A series of snaps in the ERGObaby Sport hood pocket offer 3 adjustable positions that allow the hood to grow with your baby.



ERGObaby Sport Carrier

ERGObaby Carrier

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⚠ WARNING - FALL HAZARD

FOLLOW PROPER PLACEMENT AND INSTRUCTIONS FOR USE. CHECK TO MAKE SURE ALL BUCKLES, SNAPS, STRAPS, AND ADJUSTMENTS ARE SECURE BEFORE EACH USE.
THIS CARRIER IS IDEAL FOR BABIES FROM 7 LBS -15 LBS WITH THE USE OF THE INFANT INSERT AND FROM 15 LBS TO 40 LBS WITHOUT THE INFANT INSERT. DO NOT WEAR THE BABY FACING OUT. SMALL CHILDREN CAN FALL THROUGH LEG OPENING. FOLLOW INSTRUCTIONS FOR USE. NEVER UNBUCKLE THE WAIST BELT WHILE THE BABY IS IN THE CARRIER.
WHEN FASTENING THE WAIST BUCKLE, FEED THE MALE BUCKLE THROUGH THE SAFETY ELASTIC LOOP AND LISTEN FOR THE “CLICKING” SOUND TO MAKE SURE THAT BUCKLES ARE SECURELY ENGAGED. TUG ON THE STRAPS AND BUCKLES TO MAKE SURE THAT THE CLOSURE FIT IS SECURE. PULL THE EXTRA WAIST WEBBING THROUGH THE SAFETY ELASTIC.
YOUR BALANCE MAY BE ADVERSELY AFFECTED BY YOUR MOVEMENT AND THE MOVEMENT OF YOUR CHILD. WHEN LEARNING TO PLACE YOUR BABY IN THE CARRIER, DO SO OVER A BED OR OTHER SOFT ENVIRONMENT, OR WITH THE HELP OF ANOTHER PERSON. TAKE CARE WHEN BENDING OR LEANING FORWARD.
THIS CARRIER SHOULD NOT BE USED BY A PERSON WITH PHYSICAL PROBLEMS THAT MIGHT INTERFERE WITH THE SAFE USE OF THE PRODUCT, INCLUDING BUT NOT LIMITED TO MUSCULAR OR SKELETAL PROBLEMS, PROBLEMS WITH BALANCE OR DIZZINESS OR PAINFUL DISORDERS OF THE BACK OR LEGS.
THIS CARRIER SHOULD NEVER BE USED IF THE WEARER IS IMPAIRED BY ALCOHOL OR DRUGS OR IF THE WEARER IS TIRED OR IN PAIN, AS BALANCE AND REFLEXES MAY BE IMPAIRED. IF THE PERSON USING THE CARRIER SHOULD DEVELOP SHOULDER OR BACK PROBLEMS, DISCONTINUE ITS USE AND CONSULT A QUALIFIED CAREGIVER.
THE CARRIER SHOULD NOT BE USED WHEN JOGGING, CLIMBING, BIKING OR OTHER STRENUOUS ACTIVITY. HANDS SHOULD ALWAYS BE AVAILABLE TO PROTECT THE BABY FROM POSSIBLE DANGER.
INSPECT THE BABY CARRIER REGULARLY FOR ANY SIGNS OF WEAR AND TEAR.

ERGObaby® organic

"The best way to support your Baby ...and your LifeStyle

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